

## LS Ham Veggie Omelet300

Number of Servings: 300 (223.54 g per serving)

Amount	Measure	Ingredient
11 1/2	lb	Pork, cured ham, 96% fat free, low sod, add wtr
300.00	ea	Eggs, whole, raw, lrg
8 1/4	tsp	Spice, pepper, black
4.00	gal	Milk, nonfat/skim, w/add vit A & D
600.00	ea	Cooking Spray, butter flvr, 1/3 sec spray
5.00	gal	Squash, summer, all types, fresh, slices
3 3/4	gal	Onion, white, fresh, chpd
3 3/4	gal	Asparagus, fresh
9.00	lb	Cheese, cheddar, low sod, shredded

### Nutrients per serving

Nutrition Facts			
Serving Size (224g)			
Servings Per Container			
Amount Per Serving			
Calories 190		Calories from Fat 100	
		% Daily Value*	
Total Fat 11g		17%	
Saturated Fat 4.5g		23%	
Trans Fat 0g			
Cholesterol 235mg		78%	
Sodium 250mg		10%	
Total Carbohydrate 9g		3%	
Dietary Fiber 1g		4%	
Sugars 6g			
Protein 16g			
Vitamin A 15%		• Vitamin C 15%	
Calcium 20%		• Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

Spray counter pan(s) with nonstick spray, add vegetable oil and sliced/chopped vegetables. (Use 12X24inch pan for each 24servings) Bake in 450 degree oven for 30-45 minutes to saute (stir occasionally) or saute in same pan on stove top until vegetables are firm but tender.

Dice ham into 1/2 inch pieces. Heat milk so it is hot.

Combine eggs, seasonings and hot milk. Pour over sauteed vegetables. Sprinkle cheese over top bake at 325 degrees for 30 minutes to 1+ hour or until set, 180 degrees F internal end-point temperature. Baking time will depend on temperature of ingredients when combined. Serve as soon as removed from oven. Cut each pan 4X6 for 24 serv/pan.

If asparagus is not available chopped broccoli may be substituted. Likewise, if summer squash is not available a similar vegetable may be substituted. Substitutions will vary nutrient analysis depending upon vegetables used.

Each piece = 2 oz protein + 1 vegetable

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Each piece = 1/2 CS

### Notes

Liquid eggs equivalent to # in recipe may be used.

1 # shredded cheese = ~ 3 1/2 cups

Ham should be 285 mg Sodium or LESS per OUNCE.

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